Final Exam Study Guide

Looking Good, Feeling Good

-Vocabulary

-What are the 9 Health Risks?

-What are the benefits of a lifestyle that includes exercise.

Components of Fitness

-Vocabulary

-Health related components

-Skill related components

-Tests of each Health related component

Goal Setting for Teens

-Vocabulary

-SMART

-other tools

-Why create goals?

Guidelines for Exercise

-Vocabulary

-What should you wear when exercising? What should you NOT wear when exercising? (shirts, shoes, shorts, hats, etc.)

-Heat Illnesses (how to identify and what to do)

-Benefits of warming up and cooling down

-Common injuries due to exercise

Stress

-Vocabulary

-The importance of Sleep on aspects of your life

-Stress diversion activities

-The General Adaptation Syndrome – Three phases ( a response to stress)

Nutrition

-Vocabulary

-Food Groups

-Essential Nutrients (Protein, Carbs, Fat)

-Vitamins and antioxidants (what are they, what do they do?)

-How to read a nutrition label

Body Composition and Weight Control

-Vocabulary

-Muscle tissue vs. fat tissue

-What is the most accurate way to measure body fat? What is the most convenient way to measure body fat?

-One pound is approximately equal to how many calories?

-What is the best and healthiest way to lose weight?

Principles of Training

-Vocabulary

-What are the Principles of Training?

-Understand how to interpret and use each

Flexibility

-Vocabulary

-What is the importance of Flexibility?

-What tissues restrict Flexibility?

-What are the different types of stretches?

-Which of these stretches should you avoid doing? Why?

-What is the importance of a warm up and a cool down?

-What is the recommended Frequency, Intensity, and Time for Flexibility exercises?

Cardiovascular Fitness

-Vocabulary

-What are the benefits of cardiovascular exercise?

-What are the possible health risk factors of Heart Disease?

-What are the positive changes that may occur to your heart caused by an increase in exercise?

-How do you calculate Maximum Heart Rate?

-How do you calculate Target Heart Rate Zones?

-How should you exercise to focus on fat burn during cardiovascular exercise?

-What is the recommended Frequency, Intensity, and Time for Cardiovascular Fitness?

Muscular Fitness

-Vocabulary (add the opposite of Atrophy to your vocab list.)

-What are the myths often associated with weight training?

-What are the precautions that should be taken when weight training?

-What is the difference between Muscular Strength and Muscular Endurance? (HINT: reps and weights).

-What is the recommended Frequency, Intensity, and Time for Muscular Fitness?

Sex Education

-Vocabulary

-What is the best way to keep you safe from unwanted pregnancy and STD’s?

-Which STD’s are bacterial and which are viral?

-What are the different forms of contraception and protection? Which can be used at the same time?